



Downtown Salisbury, Inc.

Unique Shops, Antique Stores
Museums and Galleries
Festivals and More!

Explore Historic Downtown Salisbury!

Family Night Out!

Friday, September 5, 5-10 p.m.

Extra activities for kids

Country music by **County Line!**

United Way brings their Campaign Kickoff Downtown:

Beach music by **The Fabulous Kays**

Soap Box Derby and much more!

Lord Salisbury Celebrates Autumn!

Friday, October 10, 5-10 p.m.

October Tour Night Out!

Shops open late, live music, fun for kids!

Sat & Sun, October 11 & 12

33rd Annual October Tour of Homes

Saturday, October 11, 12-11 p.m.

10th Annual Blues & Jazz Festival

Lord Salisbury Celebrates Winter!

Friday, November 28, 5-9 p.m.

Holiday Night Out!

Wednesday, December 31, 11:30 p.m. — 12:30 a.m.

New Year's Eve at the Bell Tower

**Plus weekly holiday events between
Thanksgiving and Christmas!**

For more information about Downtown Salisbury, Inc. events:

www.downtownsalisburync.com

(704) 637-7814



Salisbury Parks &
Recreation Department

Fall 2008

September & October & November & December



For more information please call:

(704) 216-PLAY

or visit our website at:

www.salisburync.gov/pkrec



Mission Statement

To provide quality leisure services through safe, attractive, maintained parks and diversified programs that meet the current and future needs of the community...along with our continuing commitment of providing excellent customer service.



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SPECIAL EVENTS

Music Fest in the Park at City Park

Bring your group of two or twenty along with your voices and be a part of the Second Annual City Park Music Fest in the Park. Enjoy gospel music, family, food and fun.

Day(s): Saturday

Dates: 9/27

Time: 2:00 p.m.-until

Location: City Park

No charge for the public



Halloween FunFest in Downtown Salisbury

Join us for our annual Halloween Funfest! Enjoy food, carnival games, hayrides and take a tour on the spooky trolley! Trick or treat at downtown shops and enjoy other attractions like the costume contest, moonwalk and live entertainment.

Day(s): Saturday

Dates: 10/25

Time: 3:00-6:00 p.m.

Resident Cost: \$.25/ticket or \$5.00 for wrist band

Location: Parking lot next to First Bank



Antique Show

Coordinator: Rowan Museum

The Rowan Museum will sponsor the 55th Annual Antique Show at the Salisbury Civic Center. This event is the longest continually running Antique Show. The show will have 20 dealers.

Day(s): Friday and Saturday


Dates: 11/7 and 11/8

Time: 10:00 a.m.-8:00 p.m. Friday 10:00 a.m.-5:00 p.m. Saturday

Location: Civic Center




2 Please register no later than one week in advance unless otherwise noted!



Preventive maintenance offers the following benefits:

- Extended equipment life
- Higher efficiency – lower utility bills
- Healthier, more comfortable indoor environment
- Fewer service calls
- Minimal downtime from breakdowns

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Park Partners

Salisbury Parks and Recreation would like to thank our Summer Park Partners. Their generous donations and continued support provide funding for brochure printing, event advertising and strong community outreach.

Their outstanding dedication to the citizens of Salisbury and surrounding area is greatly valued. You will find their ads displayed on the following pages of this booklet.

Thank you for patronizing our Park Partners.

To learn more about becoming a Park Partner please call the Marketing Division at (704) 638-4460.



**Granite Quarry
Faith**

Rockwell

China Grove

Salisbury

North Main Street

Jake Alexander Boulevard

Statesville Boulevard

Avalon Drive

Kannapolis

Dale Earnhardt Boulevard

Concord

Church Street North

Member FDIC

Visit our online photo gallery full of program and event photos at www.salisburync.gov/pkrec



SPECIAL EVENTS

2nd Annual Craft Show at the Civic Center

Salisbury Parks and Recreation Department will hold their Second Annual Fall Craft Show and invites you to be a part of the festivities. This event will be indoors so the event will happen rain or shine. The show will feature over 25 homemade craft artists.

Day(s): Saturday

Dates: 11/22

Time: 9:00 a.m.-4:00 p.m.

Location: Civic Center

If you are interested in being a craft vendor (\$30.00 per booth) call (704)-638-5275. No charge for shoppers



Tree Lighting Ceremony at City Park Lake

Kick off the holiday season with the annual City Park Tree Lighting Ceremony. Join us for a few holiday carols while enjoying some hot chocolate and treats.

Day(s): Friday

Dates: 12/5

Time: 6:00-6:30 p.m.

Location: City Park

No charge



North Carolina Cyclo-Cross Series Finale Race

Instructor: Kerry Shields

Come watch or take part in the North Carolina Cyclo-Cross Series Finale! This racing spectacular is for all ages, skill levels and a great family event. One of the safest and fastest cycling events in the United States. Races are 30, 45 and 60 minutes long with men's, women's and junior's divisions. There will also be a children's race! Bring your bikes and join in the fun.

Day(s): Sunday

Date: 12/7

Time: 1st race begins at 10:30 a.m.

Location: Salisbury Community Park

This is a United States Cycling Federation sanctioned event with one day license available at the race. Kids 10 and under race free. Juniors and adult divisions are \$15.00-\$20.00. Visit www.nccyclocross.com for more information.



Wedding Extravaganza at the Civic Center

Come join our Eighth Annual Wedding Extravaganza. There will be vendors with great information and merchandise on display, as well as numerous awesome giveaways along with a live bridal fashion shows!

Day(s): Saturday

Dates: 1/24

Time: 10:00 a.m.-3:00 p.m.

Location: Civic Center

If you are interested in being a vendor please call (704) 638-5275.



**PARKS AND RECREATION
THE BENEFITS ARE ENDLESS!**

CITY PARK CENTER
316 Lake Drive 704-638-5295
Paul Moore-Recreation Coordinator
Vivian Koontz-Recreation Programmer

YOUTH PROGRAMS

After School Program



If you need a safe place for your children to go after school, give us a call. We provide assistance with homework, arts and crafts, outdoor activities, field trips, and lots of fun and games.

Day(s): Monday-Friday

Dates: 8/25-6/10

Resident Cost: \$20.00 week

Time: 2:30-5:30 p.m.

Non-Resident Cost: \$40.00 week

Dillingham Martial Arts

Instructor: Larry Dillingham-4th DBBS



Join our world class martial arts program at City Park. Now in its third year, this program is great for youth and teens ages 5-16. Program includes benefits such as character development, self discipline, self respect, self control and respecting others. Participants will have the opportunity to compete in various tournaments. Visitors are welcome to come see what our program is all about!

Day(s): Tuesday and Thursday

Dates: 9/2-12/30

Cost: \$50.00 month

Time: 5:30-7:30 p.m.

There is a one time \$10.00 registration fee for new members.

Registration is on going.

Cheer America



Girls ages 4-14 will learn basic fundamentals and fun routines while promoting physical fitness, artistic expression, competitive spirit, confidence and poise.

Day(s): Fridays

Dates: 9/19-1/9

Resident Cost: \$7.00 per class

Time: 6:00-8:15 p.m.

There is a \$7.00 registration fee. Register on 9/12 from 6:00-7:30 p.m.

Youth/Teen Tennis Lessons

Instructor: Brian Norton



Try a new sport and learn to play tennis! City Park offers tennis lessons for boys and girls ages 7-15. Focus skills include rules, grips, forehand, backhand, overhead, volley, drop shot and serve and stoke techniques. There will be plenty of skills, drills, and FUN-damentals offered!

Day(s): Tuesdays and Thursdays

Dates: 10/21-10/30

Resident Cost: \$20.00

Time: 5:30-6:30 p.m. (Ages 7-10)

Non-Resident Cost: \$40.00

6:30-7:30 pm. (Ages 11-15)

Cost includes all 4 lessons!

Location: Civic Center tennis courts

MILLER CENTER-ADULT/FAMILY PROGRAMS

Miller Center Senior Social Organization



Join this lively bunch of seniors who enjoy doing arts and crafts and taking trips out of town. Spend your morning learning new things and meeting new people.

Day's): Thursdays

Dates: On going

Time: 10:30 a.m.-12 :00 noon

No charge



Red Hat Society

Come socialize with this smart, fun loving and sisterly bunch of women. The group loves to travel, have local luncheons and strut their stuff wearing their red hats.

Meetings held throughout the year. Call Miller Center for details.

Have a talent you would like to share or would you like to teach a class? Give us a call and we'll help with the coordination and advertising. Call (704)-216-PLAY

Don't Let Gas Prices Get You Down!
PARK IT at Salisbury Parks and Recreation

PARK SITES



Cannon Park
City Park
Fairview Heights
Forest Hills
Greenway
Jersey City
Kelsey Scott
Lincoln Park/Pool
Centennial Park
Long Street
Morlan Park
Oakland Heights
Towne Creek
Salisbury Community Park
West End Community Garden

600 Park Avenue
316 Lake Drive
Harrell Street
230 Grove Street
Old Mocksville Road
709 W. Kerr Street
1920 Wilkesboro Road
110 Old Concord Road
604 Wiley Avenue
1515 N. Long Street
525 Carolina Boulevard
1301 Longview Avenue
315 S. Martin Luther King Jr.
935 Hurley School Road
Brenner Avenue

OTHER FACILITIES

Sports Complex
Maintenance

1113 S. Martin Luther King Jr.
1015 S. Martin Luther King Jr.

MILLER CENTER-YOUTH PROGRAMS

Holiday Camp

Parents, if you're looking for a fun, safe place for your child while you are at work or doing some holiday shopping the Miller Center is the place to be! We will take excellent care of your child while ensuring they have fun!

Day(s): Monday, Tuesday, Wednesday

Dates: 12/22-12/24

Resident Cost: \$45.00

Time: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$90.00



Pirate Fun

You and your child (ages 3-5) will make fun pirate crafts and play pirate games.

Day(s): Monday

Dates: 12/22

Resident Cost: \$2.00

Time: 5:00-6:00 p.m.

Non-Resident Cost: \$4.00



New Year's Camp

Miller Center offers the most affordable child care in town. If you are looking for a fun and safe environment this is the place. We are going to bring in the New Year with a blast by offering the most fun camp ever! Don't get left out!

Day(s): Monday-Friday

Dates: 12/29-1/2

Resident Cost: \$15.00 per day

Time: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$30.00 per day



MILLER CENTER-ADULT/FAMILY PROGRAMS

Aerobics with Mary

Instructor: Mary Gibbs

Come join instructor Mary Gibbs for a fun aerobic workout. This class in low impact but high on fun! You will enjoy an energetic workout and have a blast doing so!

Day(s): Tuesdays

Dates: beginning 9/2

Resident Cost: \$2.00 per class

Time: 6:00-7:00 p.m.

Non-Resident Cost: \$4.00 per class



I Scream for Ice Cream

Everyone loves ice cream. In a cone or in a cup, everyone loves to eat it up. Join other seniors for a lively day at Miller Recreation Center. Yum, Yum!

Day(s): Thursday

Dates: 9/4

No Charge

Time: 10:30 a.m.-12:00 p.m.



Cake Decorating Class

Instructor: Connie Woodbury

Come and learn how to decorate cakes from one of the best. Sharpen your skills just in time for the holidays. This class is back by popular demand and will fill up fast so make your reservation early. All materials will be supplied.

Day(s): Monday

Dates: 9/8-9/29

Resident Cost: \$20.00

Time: 6:00-7:30 p.m.

Non-Resident Cost: \$40.00



20 Please register no later than one week in advance unless otherwise noted!

CITY PARK CENTER-YOUTH PROGRAMS

School's Out Fun Day - Outstanding October

Come and enjoy a day filled with fun, activities, games, crafts, a field trip and meet new friends.

Day(s): Monday

Dates: 10/27

Resident Cost: \$15.00

Time: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$30.00



Fall Fun Day

No school today! Come to City Park and enjoy a day full of fun activities, games, crafts, trips and friends!

Day(s): Tuesday

Date: 11/4

Resident Cost: \$15.00

Time: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$30.00



Terrific Turkey Tuesday

School's out so come to City Park for a full day of excitement. We will have games, activities, crafts, field trips, friends and lots of fun.

Day(s): Tuesday

Dates: 11/11

Resident Cost: \$15.00

Time: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$30.00



Holiday Camp

Come to City Park for the best holiday camp in town. Your children will have a great time in a structured and safe environment.

Day(s): Monday-Wednesday

Dates: 12/22-12/24

Resident Cost: \$45.00

Times: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$90.00



New Year's Camp

Come and join us for an exciting New Years Camp while you're still out of school. Enjoy crafts, games, a field trip and fun times spent with friends.

Day(s): Monday-Wednesday

Dates: 12/29-12/31

Resident Cost: \$45.00

Time: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$90.00

CITY PARK CENTER-ADULT/FAMILY PROGRAMS

Over 40 Aerobics

Are you over 40 and looking for a place to get some exercise? Come and enjoy the benefits of low impact aerobics via videotape. Get your heart pumping and your blood flowing.

Day(s): Mondays and Thursdays

Dates: September - December

Resident Cost: No charge

Time: 9:30-10:30 a.m.



**Stroller Fitness**

Mommies, are you looking to get back into shape or just want to interact with other moms while getting fit? If so, join us for Stroller Fitness. Get a great workout while spending time with your little one.

Day(s): Monday, Wednesday, Friday

Dates: September-December

Resident Cost: \$20.00 per week

Time: 8:30-9:30 a.m.

Non-Resident Cost: \$40.00 per week

Wiggles, Giggles and Fun

Bring your tiny one to City Park for some kiddie play time while you carry on some adult conversation. Allow your child to interact with other children while the adults share parenting tips, great bargains or just some casual conversation.

Day(s): Tuesday

Dates: September-December

Time: 9:00-10:30 a.m.

No charge

Cardinal Squares Square Dancing and Lessons

Instructor: Teresa and Charlie Chunn



As fall approaches and the heat dwindles, enjoy modern square dancing with the Cardinal Squares. Give yourself a "great to be alive" feeling by combining a healthy atmosphere and stimulating exercise with fun. Square dancing is here to stay. Join us for Open House on September 9. Visit us on the web at:

www.cardinalsquares.org.

Day(s): Tuesdays

Dates: 9/2-12/30

Time: 7:00-9:30 p.m.

Contact Teresa and Charlie Chunn for more information at (704)786-2278.

There will be no dance class on 11/14 due to national elections.

There will be no lessons held Thursdays beginning 9/11-12/18 from 7:30-9:00 p.m.

Contact Teresa and Charlie Chunn for additional details.

Dillingham Martial Arts

Instructor: Larry Dillingham-4thDBBS



This is an adult martial art program geared for ages 16 and older only. The Dillingham team will teach you the excellent benefits of character development, self discipline, self respect, self control and respecting others. Participants will compete in various tournaments. Come see for yourself what this world class program is all about.

Day(s): Saturdays

Dates: 9/6-12/20

Time: 9:00 a.m.-12:00 p.m.

General Cost: \$50.00 month

There is a one time registration fee of \$10.00 for new members.

There will be no class 11/29 or 12/27 due to holidays.

**CALL (704) 216-PLAY
for PROGRAM INFORMATION!!!**

Veteran's Day Fun Day

School's out today so bring your children to Miller Center for a fun Veteran's Day full of activities for youth. There will be exciting games, trips and more. Space is limited so register early.

Day(s): Tuesday

Dates: 11/11

Resident Cost: \$15.00

Time: 7:30 a.m.-5:30 p.m.

Non-Resident Cost: \$30.00

**When I'm in Charge**

This class is for children who may have to stay home alone from time to time. The workshop covers phone calls, securing a home and first aid techniques. This class is for youth ages 8-11.

Day(s): Thursday

Dates: 11/13

Resident Cost: \$5.00

Time: 5:00-6:30 p.m.

Non-Resident Cost: \$10.00

Thanksgiving Essay Contest

Write a short essay about a fantastic Thanksgiving holiday feast. Write about the people you like to celebrate with and your favorite food.

Day(s): Monday to Friday

Dates: 11/17-11/21

Essay Deadline: 11/21

No charge

**Turkey Time Craft**

Come celebrate the holiday by creating several Thanksgiving crafts. This is sure to be a fun activity for your child.

Day(s): Tuesday

Dates: 11/18

Resident Cost: \$3.00

Time: 5:30-6:30 p.m.

Non-Resident Cost: \$6.00

**Mind your Manners**

It's never too early to learn table manners, gift giving, grooming, how to shake hands, classroom/playground manners and respect for elders/persons of authority. These basic subjects are presented in a creative and enjoyable environment. This class is designed for youth ages 4-7.

Day(s): Tuesday

Dates: 12/9

Resident Cost: \$5.00

Time: 5:00-6:30 p.m.

Non-Resident Cost: \$10.00

**Holiday Cookie Class**

Instructor: Amy Parker

Calling all cookie lovers! Learn how to make a variety of holiday cookies to share with your friends and family.

Day(s): Thursday

Dates: 12/18

Resident Cost: \$5.00

Time: 5:30-7:00 p.m.

Non-Resident Cost: \$10.00

MILLER CENTER-YOUTH PROGRAMS

Jr. Bobcat Cheerleaders for ages 6-12



Jr. Bobcat cheerleaders cheer during the Jr. NBA boys games and have lots of fun! Girls will learn basic fundamentals of cheering, routines, chants, etc. This is a great program for girls that plan to try out for their school's cheerleading squad.

Day(s): Saturdays

Dates: 11/1-1/17

Time: 5:30-6:30 p.m.

Resident Cost: \$25.00

Non-Resident Cost: \$50.00

Register by: 10/15

Uniforms are not included in the registration fee. Practices on Tuesdays.



Outrageous October Fun Day

Come in for a spooky, fun day out of school at Miller Center. We'll have lots of fun activities and games for youth to participate in.

Day(s): Monday

Dates: 10/27

Time: 7:30 a.m.-5:30 p.m.

Resident Cost: \$15.00

Non-Resident Cost: \$30.00

Madden Football Tournament

It's time again for another Madden Football Tournament at the Miller Center. This is always a fun event filled with friendly competition. Are you the best player around? Sign up now and find out.

Day(s): Monday

Dates: 10/27

Time: 12:30 p.m.-4:30 p.m.

Resident Cost: \$3.00

Non-Resident Cost: \$6.00

School's Out Fun Day

Join us for an exciting day while you're out of school. Your child will enjoy games, activities and much more.

Day(s): Tuesday

Dates: 11/4

Time: 7:30 a.m.-5:30 p.m.

Resident Cost: \$15.00

Non-Resident Cost: \$30.00



NBA Babies

Calling all three to five year olds. Lace up those shoes and join a league designed to teach the fundamentals of basketball in a team atmosphere as well as building character, self esteem, friendship and teaching teamwork. Volunteer coaches are needed.

Dates: 11/8-12/20

Time: 9:30 a.m.-12:30 p.m.

Resident Cost: \$30.00

Non-Resident Cost: \$60.00

Register before: 10/6. Practices begin in October and games begin in November.

Veteran's Day Paints

Youth can come out to enjoy a fun time painting crafts as we celebrate Veteran's Day. There will be an assortment of projects to choose from. Cost depends on project selected. All materials will be provided.

Day(s): Tuesday

Dates: 11/11

Time: 12:00-2:00 p.m.

Resident Cost: \$2.00 and up

CITY PARK CENTER-ADULT/FAMILY PROGRAMS

Scrapbooking by Creative Memories



Instructor: Andrea Shuping

Now that summer is complete, bring your summer keepsake pictures, letters and cards to make your own Creative Memories scrapbook. Classes include new and instructive "Crop Talk" lessons. Bring scrapbooks and supplies to work on. New supplies can be purchased during each class. Lunch is provided.

Day(s): Saturdays

Dates: 9/13, 10/11, 11/8, 12/13 and 1/10

Time: 10:00 a.m.-3:00 p.m.

Cost: \$13.00 per class

"Hump Day" Disc Golf Tournaments

Come enjoy an evening out on the disc golf course this fall. Tournament layouts change with each tournament and are fun for any skill level. Closest-to-the-pin prizes, Ace Pool, t-shirts etc., will be awarded. September's tournament is random doubles and October's tournament is singles play.

Day(s): Wednesday

Dates: 9/3 and 10/1

Tee Time: 6:00 p.m.

General Cost: \$5.00

Comments: Ace Pool \$5.00 (Optional)

There will be a short players meeting before Tee Time at 5:50 p.m.

Location: Kelsey Scott Park

55+ Senior Tennis Play



Coordinator: Reid Leonard

If you are 55 or older then join our devoted group of senior tennis players at City Park. Enjoy great comradeship and play as many tennis matches as you'd like. This a great way to stay in shape and enjoy a healthy, athletic lifestyle.

Day(s): Monday, Wednesday, Friday

Time: 8:30-11:30 a.m.

No Charge

Comment: For more information contact Reid at (704) 633-1495. Tennis courts will be closed for new construction through at least October. Senior tennis will meet at Salisbury High School until the tennis courts are complete. Advance notice will be given regarding the opening of the new tennis courts.

Swing Lessons



Instructor: Diana Moghrabi

Fall is a great time for you to learn something fun and popular—swing dancing! This session will teach you the Single, Double and Triple Lindy Swing and much more. Swing dancing is enjoyable for any adult age and taught in a comfortable and easy going atmosphere. Take advantage and sign up now. This class is limited to ten couples.

Day(s): Thursdays

Dates: 9/11-10/16

Time: 6:00-7:00 p.m.

Cost: \$30.00 for singles

\$50.00 for couples

CITY PARK CENTER-ADULT/FAMILY PROGRAMS

Salisbury Striders For Life



Salisbury Striders for Life is a unique, beneficial walking program for the citizens of Salisbury as a Fit Community! This program challenges people of all ages to reap the benefits of walking. There are four phases to the program: Phase One: "The Walk of Self", Phase Two: "The Walk of Health", Phase Three: "The Walk of Light" and Phase Four: "The Walk of Life". Participants will be issued activity logs to track mileage walked. Initial health assessments, body mass index and blood pressure will be conducted through the Rowan County Health Department. Monthly educational sessions will focus on food, nutrition and alternate health and exercise activities.

Dates: 9/15-12/31

No Charge

Call City Park for details at (704) 638-5295.

Social Dance Lessons

Instructor: Diana Moghrabi



The fall season is the reason to learn all types of social dances with an emphasis on swing dancing too! This six week class will cover swing steps, disco routines, a blend of foxtrot and swing that will have you looking good and fancy on the dance floor. Social dancing is enjoyable for any adult age and taught in a comfortable and easy going atmosphere. Take advantage now and sign up!

Day(s): Fridays

Dates: 9/19-10/24

Time: 7:00-8:00 p.m.

Cost: \$30.00 singles and \$50.00 couples (includes all six classes)

Cyclo-Cross Clinic and Training Race

Instructor: Kerry Shields



Come learn what Cyclo-Cross is all about. This clinic is led by a local professional cyclist who will teach you all you need to know. After the clinic, join us for a 30-45 minute training race with those same professionals so you can gain the ultimate Cyclo-Cross experience.

Day(s): Sunday

Dates: 9/28

Time: 11:00 a.m.-2:00 p.m.

Cost: The clinic and the first timers race is FREE to all participants. The junior's race is \$10.00. Adult races are \$15.00. Visit www.carolinamasterscycling.com.

Men's and Women's Tennis Lessons

Instructor: Brain Norton



Come learn the fun and exercising sport of tennis at the Civic Center courts. Lessons for the beginners will focus on serve, volley, forehand/backhand strokes, techniques and skills that anyone can learn. Advanced lessons will focus on improving strokes, cutting backhands, footwork and habits to steer clear of.

Day(s): Tuesdays & Thursdays

Dates: 10/7-10/16 Beginners 11/4-11/13 Advanced

Resident Cost: \$20.00

Non-Resident Cost: \$40.00

Time: Women's lessons from 6:00 - 7:00 p.m.

Men's lessons from 7:00 - 8:00 pm.

Location: Civic Center Tennis Courts

MILLER CENTER

1402 W. Bank Street 704-638-5297

Talita McCain-Recreation Coordinator

Lakai Brice-Recreation Programmer

YOUTH PROGRAMS

Afterschool Program



Looking for after school care? We offer homework assistance, snack time, arts and crafts, free play and take local trips. Parents must provide snacks for their child.

Day(s): Monday-Friday

Dates: 8/25-6/10

Resident Cost: \$20.00 week

Time: 2:30-5:30 p.m.

Non-Resident Cost: \$40.00 week

Girls Group

This mentoring program helps young women build friendships, discover their talents and learn from each other. Activities include local field trips, arts and crafts, games, and having fun with their peers.

Day(s): Tuesdays

Dates: 9/16-12/23

No Charge

Time: 5:30-6:30 p.m.

Princess Fun



We'll make fun princess crafts and play princess games at Miller Recreation Center with youth ages 3-5.

Day(s): Monday

Dates: 10/6

Resident Cost: \$2.00

Time: 5:00-6:00 p.m.

Non-Resident Cost: \$4.00

Kids Can Cook



Your young chef will prepare a variety of yummy and simple meals and snacks. Bring your apron or large t-shirts to class.

Day(s): Thursday

Date: 10/16

Resident Cost: \$5.00

Time: 5:00-6:30 p.m.

Non-Resident Cost: \$10.00

Itty Bitty Messy Art for ages 3-6



You and your little one will have a ball creating works of art with finger paints and squishy toys. Dress your child in play clothes...they will get messy!

Day(s): Wednesday

Date: 10/22

Resident Cost: \$5.00

Time: 5:00-6:30 p.m.

Non-Resident Cost: \$10.00

NBA Babies Cheerleaders for ages 3-5



Join us for another fun year with the NBA Babies Cheerleading program. Learn the basic fundamentals of cheerleading, new dance routines, chants and cheers.

Day(s): Saturdays

Resident Cost: \$35.00

Registration: 9/2-10/8

Non-Resident Cost: \$70.00

HALL GYM-ADULT/FAMILY PROGRAMS



Open Gym for all ages

Come to Hall Gym during our open gym hours and just shoot some hoops or get in a pick-up game. Work off that excess energy, stress and live a healthy lifestyle.
*Hours of operation may vary due to programs being offered.

Day(s): Monday - Saturday
Dates: September-December
No charge
Time: Weekdays, 12:00-8:00 p.m.
Friday, 12:00 p.m.-5:00 p.m.
Saturday, 10:00 a.m.-1:00 p.m.

Supervised Walking Program at the Greenway

Instructor: Bob Zirt (704) 637-3456



Salisbury Parks and Recreation and Salisbury Rowan Runners invites you to walk the Salisbury Greenway. This program is designed to promote the benefits of walking, exercise and healthy lifestyles. Meet at Knox Middle School tennis courts.

Day(s): Mondays, Wednesdays, Fridays
Dates: September-December
Time: 5:30 p.m. , Sundays 4:30 p.m.
No Charge

Beginners Running Training Program at City Park Center

Instructor: Salisbury Rowan Runners



This program will feature a comprehensive instructional approach to provide new runners with all the information needed to begin the process. Eight weeks of classroom and workout sessions will be provided. Individual coaching also available. Program includes membership to the Salisbury Runners Club and entry to a club sponsored 5k race.

Day(s): Tuesdays
Dates: 9/9-10/28
General Cost: \$35.00 payable Salisbury Rowan Runners Club
Time: 6:30 p.m.-7:30 p.m.

Holiday Bid Whist & Spades Card Tournament

Instructor: Tom McDaniel

Hall Gym will host a Bid Whist & Spades Card Tournament for adults. Come out for this popular card game and have some fun. You will be paired with a partner, the dealing will begin and a champion will be crowned. Refreshments provided.

Day(s): Saturday
Dates: 11/29
Resident Cost: \$20.00
Non-Resident Cost: \$40.00
Early registration by: 11/25-\$17.00 resident and \$34.00 non-resident
Time: 3:00 p.m.-until



Tanglewood Light Show Trip

It's the holiday season! Get your family together and take a trip to Tanglewood to see the wonderful holiday lights. Sit back and let us do the driving. Please arrive at Hall Gymnasium by 5:30 p.m.

Day(s): Tuesday & Thursday
Dates: 12/9 and 12/11
Resident Cost: \$10.00 person
Non-Resident Cost: \$20.00 person
Time: 5:30 p.m.- 9:00 p.m.
**Groups of 6 or more receive \$3.00 per person off the registration fee.

16 Please register no later than one week in advance unless otherwise noted!

CITY PARK CENTER-ADULT/FAMILY PROGRAMS



Carolina Shag Lessons

Grab those dancing shoes and come learn how to shag at City Park. Singles and couples are welcome. Lessons will teach you basic steps, turns, lead outs and other fancy footwork in a comfortable atmosphere. Come see why this dance is so popular among all ages.

Day(s): Mondays and Thursdays
Dates: 10/20-11/6
Time: 6:00-7:15 p.m.
Cost: \$30.00 for singles and \$50.00 for couples (includes all six classes)

Thanksgiving Craft

Start off this Holiday season with a fun and exciting activity. Come to City Park to may your very own Thanksgiving craft.

Day(s): Saturday
Date: 11/22
Time: 10:00 a.m.-12:00 p.m.
Cost: \$3.00



Holiday Wreath Making

Instructor: Diane Rhodes



Learn how to create magnificent holiday wreaths for your own display. All materials are included with this class so register today. Class is limited to the first fifteen participants.

Day(s): Wednesday
Date: 12/3
Time: 6:00-7:30 p.m.
Cost: \$25.00

Santa's Disc Golf Bowl

This special disc golf tournaments is nothing but Santa Suits for the first 18 holes. Whether you're a regular player, advancer player or never played in a tournament, this will be an enjoyable tournament for you. Tournament lay out will feature singles play with separate divisions. Net proceeds from this tournament will go to Nazareth's Children's Home in Rockwell. Closest to the pin prizes and many other awards provided.

Day(s): Saturday
Date: 12/6
Cost: \$10.00 entry fee
Ace Pool \$5.00 (optional)
Location: Kelsey Scott Park
Tee Time: 11:00 a.m.
Players meeting at 10:45 a.m.



Christmas Craft

It's the Holiday Season! Come to City Park to make your very own Christmas Craft. This will be a great addition to your decorations or the perfect gift for Mom or Dad.

Day(s): Saturday
Date: 12/20
Time: 10:00 a.m.-12:00 p.m.
Cost: \$3.00



YOUTH/ADULT/FAMILY PROGRAMS

Crescent Cloggers for all ages

Instructor: Ginger Fagan



Step into some new shoes and join the Crescent Cloggers. The cloggers perform at various festivals and outings throughout the year. Sign up today!

Day(s): Wednesdays

Dates: On going

Resident Cost: \$15.00 Session

Non-Resident Cost: \$30.00 Session

Session is two months long.

Time: Beginners: 5:30-6:15 p.m.

Intermediate: 6:15-7:00 p.m.

Advanced: 7:00-7:45 p.m.



Fitness

Nautilus machines, treadmills and free weights are available for your workout. Improve your cardiovascular system, tone your muscles and start feeling better today!

Day(s): Monday-Saturday

Dates: On going

Resident Cost: \$2.00 daily

Non-Resident Cost: \$4.00 daily

Resident Cost: \$18.00 month

Non-Resident Cost: \$30.00 month

Family Pass Resident Cost: \$25.00 month **Non Resident** \$40.00 month

Time: Mon-Thurs, 8:00 a.m.-8:00 p.m.

Friday, 8:00 a.m.-6:00 p.m.

Saturday, 9:00 a.m.-5:00 p.m.



Basic Home Manners

Instructor: Elaine Allman

Need help with your canine companion? Come join our dog training classes. You will learn how to communicate with your dog, understand how your dog thinks and how to humanely express your leadership. For dogs five months and older. This is a six week session. Lessons include building a trusting relationship, attention, sit down, and walking on a leash. Proof of rabies vaccination must be provided at the first class.

Day(s): Mondays

Dates: 9/15-10/20

Resident Cost: \$30.00

Time: 5:45-6:45 p.m. / 7:00-8:00 p.m.

Non-Resident Cost: \$60.00

PARKS AND RECREATION ADVISORY BOARD MEMBERS

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HALL GYM-YOUTH PROGRAMS

Holiday Youth Basketball Clinic

Instructor: Andrew Mitchell

This basketball clinic is designed for coed youth ages 5-15 to work on a variety of basketball fundamentals during the holiday break. Come dressed properly and learn how to improve your game to get ready for the upcoming season. Lunch will be provided.

Day(s): Saturday

Time: 10:00 a.m.-1:00 p.m.

Resident Cost: \$15.00

Dates: 11/29

Register by: 11/26

Non-Resident Cost: \$30.00



E.E. Morton Holiday Tournament

Instructor: Tom McDaniel

This is a holiday basketball tournament for boys and girls ages 9-15. Teams are invited to participate in this fun filled holiday tradition. Call Tom at (704)637-1261 for more information. Each participant will receive a t-shirt. There will be three age divisions: 9-10, 11-12 & 13-15.

Day(s): Saturday and Sunday

Dates: 12/27-12/28

Time: 5:30-9:30 p.m.

General Cost: \$100.00 team

Register by: 12/21



Jr. Bobcats Girls Basketball

League is designed for girls ages 7-15 to learn the fundamentals of basketball as well as build character, self-esteem, friendships and teach teamwork. Teams assigned by a pre-season draft in ages 9-15.

Dates: 1/26-3/28

Day(s): Vary

Resident Cost: \$35.00

Register 12/15-1/9

Practices held Monday-Thursday and games played on Fridays and Saturdays.

Time: 5:30-8:30 p.m.

Non-Resident Cost: \$70.00



Jr. Bobcats Coed Basketball

League is designed for boys and girls ages 5-6 to learn the basic fundamentals of basketball and prepare them for the Jr. Bobcats Boys and Girls leagues. Sign up early. There are a limited number of spaces.

Dates: 1/26-3/28

Day(s): Vary

Resident Cost: \$30.00

Register 12/15-1/9

Practices held Monday-Thursday and games played on Saturdays

Time: 5:30-8:30 p.m.

Non-Resident Cost: \$60.00

Youth Basketball Officials Clinic

Experienced officials needed to call in the youth basketball leagues for Salisbury Parks and Recreation. Possible officials need to attend all clinic dates to call in the department's leagues.

Day(s): Sunday

Dates: 11/2, 11/9 and 11/16

Time: 5:00 p.m.

HALL GYM-YOUTH PROGRAMS

Youth Cross Country League

This league is designed for youth in grades 3-8 to learn the fundamentals of cross country running as well as building character, self esteem, friendships and teaching teamwork.

Day(s): Monday-Friday

Dates: 9/8-10/25

Resident Cost: \$30.00

Register: 8/18-9/6

Time: 5:30-8:30 p.m.

Non-Resident Cost: \$60.00



Jr. Bobcats Boys Basketball

This league is designed for boys ages 7-15 to learn the fundamentals of basketball as well as building character, self-esteem, friendships and teaching teamwork.

Teams are assigned by a pre-season draft for ages 9-15. Volunteer coaches needed!

Dates: 11/1-1/17

Day(s): Vary

Resident Cost: \$35.00

Register: 9/22-10/17

Time: 5:30-8:30 p.m.

Non-Resident Cost: \$70.00



NYSCA Coaches Certification

This coaches certification program will feature information for coaches on coaching youth, first aid, safety, maximizing athletic performance, organizing fun and interesting practices, and techniques on teaching specific skills.

Mandatory for all 1st year Jr. Bobcat coaches.

Day(s): Monday-Thursday

Dates: 11/3-11/6

Time: 6:30-7:30 p.m.

Jr. Bobcats Basketball Clinic

Instructor: Catawba College Team

This clinic is for boys and girls ages 7-15 planning on playing in the Jr. Bobcat boys or girls program. This clinic will be conducted by the Catawba College basketball team.

Day(s): Saturday

Dates: 11/8

Register by: 11/6

Time: 9:00-11:00 a.m.

No charge



8th Annual Turkey Shoot Free Throw Competition

Come win a turkey for your Thanksgiving dinner. The Turkey Shoot tests your skill and accuracy in a basketball free throw competition. Five age groups: 7-8, 9-10, 11-12, 13-15, and 16 & up.

Day(s): Saturday

Dates: 11/15

Resident Cost: \$2.00

Register by: 11/14

Time: 9:00 a.m.

Non-Resident Cost: \$4.00



**FOR PROGRAM INFORMATION
CALL (704) 216- PLAY**

14 Please register no later than one week in advance unless otherwise noted!

CIVIC CENTER-ADULT/FAMILY PROGRAMS

Yolates

Instructor: Denise Paugh

Yolates is a combination of two great exercises, Yoga and Pilates. Yolates is a great way to help tone, increase flexibility and strengthening. Class is taught by a certified instructor.

Day(s): Mondays and Wednesdays

Dates: Classes begin 9/22

Cost: \$6 per class or \$32.00 per month

Time: 7:00-8:00 p.m.



La Fiesta de Rowan

Come enjoy a day of Latino/Hispanic culture with bands, a Spanish dance contest with prizes, inflatable's, a parade of flags and visit several local agencies with free information and much more! There is no charge to attend this event.

Day(s): Saturday

Date: 9/27

Time: 11:00 a.m.-5:00 p.m.



Noah's Ark Workshop

Instructor: Margret Morgan

Here's your chance to personalize your own stuffed animal friend. Accessories sold separately clothes, shoes, sound chips. Call and register today.

Day(s): Saturday

Dates: 10/11

Cost: \$12.00

Time: 11:00 a.m.-12:30 p.m.



Substance Abuse Prevention Seminar

Instructor: Sheena Hasty

Come learn the methods to help prevent your loved one from abusing substances and find ways to help those who are already abusing.

Day(s): Tuesday, 10/21 and Monday, 11/17

Times: 6:00-7:00 p.m.

No Charge



Creative Writing Workshop

Instructor: Sara Watkins

If you are interested in different styles of writing or just want to learn more, this is the workshop for you. Learn and practice writing poetry, free verse, short stories and more.

Day(s): Tuesday and Thursday

Dates: 11/11, 11/13 and 11/18

No charge

Bring paper and pen or pencil!

Time: 6:30-7:30 p.m.



Self Defense Training I

Instructor: Officer William Moody

Come train with the best and learn the basics in self defense. Keep yourself safe!

Day(s): Saturday

Date: 11/1

Cost: \$35.00

Time: 10:00 a.m.-12:00 p.m.



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CIVIC CENTER-ADULT/FAMILY PROGRAMS

American Red Cross Blood Drive

Give blood and make a difference. Be a part of our winning team.

Day(s): Tuesday

Date: 12/2

Time: 7:30 a.m.-5:30 p.m.



Self Defense Training II

Instructor: Officer William Moody



Come train with the best. You can't learn enough ways to keep yourself safe.

Come learn the basics of self defense.

Day(s): Saturday

Dates: 12/6

Time: 10:00 a.m.-12:00 p.m.

Cost: \$35.00

Gang Awareness Seminar

Instructor: Officer Todd Sides

Come find out or become more familiar with local gangs and activity. The Salisbury Police Department Gang Unit has vital information to share and will be available for a question and answer session following the seminar.

Day(s): Thursday

Dates: 12/18

Time: 6:00-7:00 p.m.

No Charge

Winter Racquetball Tournament

Enjoy a weekend of competitive play at our annual racquetball tournament.

This tournament includes singles and doubles matches.

Day(s): Friday and Saturday

Dates: 1/16 & 1/17

Time: 5:00-9:00 p.m. Friday

9:00 a.m.-2:00 p.m. Saturday

Cost: \$15.00 singles, \$20.00 singles and doubles, \$10.00 doubles (per person)

CIVIC CENTER RENTALS



The Civic Center is a great place to hold your next event (wedding receptions, birthday parties, dinner and dances.)

You can book your event up to a year in advance.

Call the Civic Center for rates and availability!

(704)638-5275

HALL GYM

1400 W. Bank Street 704-638-5289

Steve Clark-Recreation Coordinator

Tim Pittman-Recreation Programmer



YOUTH PROGRAMS

Birthday Parties at Hall Gym

You bring all the fixings for a party and we will provide the facility and set up for most sport activities. Youth parties are for ages 12 and under. There is limited availability with a two weeks notice required for rentals!

Day(s): Monday-Saturday

Dates: September-December

Time: as available

Comments: Call for details and rental fees!

Cane Street Stormers Street Hockey



Youth ages 7-13 will have fun learning the game of street hockey. This league is designed for every skill level.

Day(s): Fridays

Dates: 9/5-10/10

Time: 3:30-4:30 p.m.

Resident Cost: \$5.00

Non-Resident Cost: \$10.00

Youth Volleyball League



This league is designed for boys and girls ages 8-14 to learn the fundamentals of volleyball as well as build character, self-esteem, friendships and teach teamwork. Come participate in the great sport of volleyball.

Day(s): Vary

Dates: 9/8-10/25

Time: 5:30-8:30 p.m.

Resident Cost: \$30.00

Non-Resident Cost: \$60.00

Register: 8/20-9/6

Peewee Flag Football League



This league is designed for youth in grades K-2 to learn the fundamentals of football through flag football. This sport promotes the skills of football, without much of the contact.

Day(s): Vary

Dates: 9/15-11/1

Time: 5:30-8:30 p.m.

Resident Cost: \$30.00

Non-Resident Cost: \$60.00

Register: 8/18-9/6

Location: Salisbury Community Park

Local Punt, Pass, and Kick Competition



Competition for youth ages 8-15. Test your ability to kick and throw a football. Local competition winners will compete in the sectional competition for an opportunity to compete during halftime at a Carolina Panthers football game.

Day(s): Sunday

Dates: 9/14

Time: 2:00 p.m.

Cost: No charge

Register by: 9/12

Location: Catawba College